

**MARCH/APRIL 2011**

# SENIOR SPOTLIGHT

**Westminster Senior Center**  
8200 Westminster Blvd. Westminster, CA 92683  
(714) 895-2878  
[www.ci.westminster-ca.gov](http://www.ci.westminster-ca.gov)

## ST. PATRICK'S DAY BASH



**Lots o' luck will come your way  
if you join us for St. Patty's Day!**

**Thursday, March 17th**

**East/West Room**

**11:00 a.m.**

**with entertainment by  
TONY ODELL ROGERS**



***Tickets:  
\$4.00 Donation***

## VOLUNTEER RECOGNITION PARTY



**Wednesday, April 6th**

**East/West Room**

**3:00 p.m.**

**with entertainment by:  
Midnight Flyer**

**\*This is an R.S.V.P. Event\***

### Westminster Senior Services Team

#### MAYOR & CITY COUNCIL

MAYOR

**Margie L. Rice**

(714) 548-3183

MAYOR PRO TEM

**Tyler Diep**

(714) 548-3179

COUNCIL MEMBER

**Frank Fry**

(714) 548-3181

COUNCIL MEMBER

**Andy Quach**

(714) 548-3182

COUNCIL MEMBER

**Tri Ta**

(714) 548-3179

**DEPARTMENT LINE**

(714) 548-3240

#### CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER

**Mitch Waller**

(714) 548-3172

COMMUNITY SERVICES DIRECTOR

**Diana Dobbert**

(714) 895-2860



**The Senior Center Spotlight  
is now available on the City Website:**

[www.ci.westminster-ca.gov](http://www.ci.westminster-ca.gov)

Go to Departments, Community Services, Senior Services  
or you can Google City of Westminster, CA Homepage

### Senior Center Staff

**(714) 895-2878**

<b>SENIOR SERVICES SUPERVISOR</b>	Claire Hutchinson
<b>NUTRITIONIST</b>	Maribel Avilez
<b>SECRETARY</b>	Sherrie Machuga
<b>RECEPTIONIST</b>	Ivy Gimondo
<b>CLERK TYPIST</b>	Joy Williams
<b>TRANSPORTATION COORDINATOR</b>	Bea Pratte
<b>VAN DRIVERS</b>	John Conrekas, Bertha Lara and Clarey Mercer
<b>HEALTH CARE NURSE</b>	Jane Hannah
<b>PROJECT S.H.U.E. DIRECTOR</b>	Susana Delgado
<b>SENIOR CENTER INTERN</b>	Amber Julian

### Commission on Aging

<b>COMMISSIONER</b>	Nora Barajas	(714) 893-3708
<b>COMMISSIONER</b>	Erwin Vysma	(714) 893-3659
<b>COMMISSIONER</b>	Linh Nguyen	(714) 782-2902

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

## From the Senior Center Supervisor

**I**t is hard to believe March is here and Spring is right around the corner. Enjoy the pretty weather when you can and watch the roses as they grow and bloom around us.

Please read our Spotlight carefully because there is a lot of information and programs coming up.

April is National Volunteer Month and we are happy that you have chosen the Westminster Senior Center as your place to share your time and talents. Volunteer Recognition and the "Senior of the Year" announcement will be

made on Wednesday, April 6<sup>th</sup>. Individuals with 50 hours or more of volunteer participation in 2010 will be invited to this event. Everyone is encouraged to participate in choosing the "Senior of the Year."

The Craft Spring Boutique is from Monday, April 11<sup>th</sup> – Friday, April 15<sup>th</sup> in the Lobby.

The Spring Silent Auction takes place from Tuesday, May 3<sup>rd</sup>–Thursday, May 5<sup>th</sup>.

*Claire Hutchinson*



## Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

### NEED CELL HELP?

Need some help figuring out how to program your cell phone?



**Come on in!**  
Wednesday, April 13<sup>th</sup>  
10:30 a.m.-11:45 a.m.  
Dining Room

*Students from Westminster High School will be here to answer your cell phone questions.*

### LOOKING AHEAD:

- April 13, 2011:  
Tax Preparation

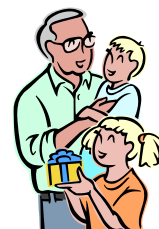
*Last day for appointments*



- May 6<sup>th</sup>, 2011:  
Mother's Day Celebration



- June 16<sup>th</sup>, 2011:  
Father's Day Celebration



# SENIOR CENTER PROGRAMS

## SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and on Friday at 11:30 a.m. (every other Friday is 11:45 a.m.). We celebrate birthdays on the 4<sup>th</sup> Thursday of each month.  
**Cost:**  
The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

## COMMODITIES



**Commodities Program** is held on the 2nd Wednesday of each month.  
**March:**  
Wednesday, March 9th  
**April:**  
Wednesday, April 13th  
**Hours:**  
8:00-a.m.-11:00 a.m.  
(or until food runs out)  
**Requirements:**  
You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



## WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.

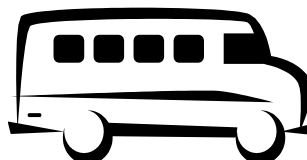


### NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior center they can hop on the Shuttle if they need to run errands.

#### SCHEDULE

Monday through Friday  
**Morning Pick-Ups:**  
8:00 a.m. to 9:00 a.m.  
from your home to the Senior Center.  
**Afternoon Returns:**  
12:30 p.m. & 2:30 p.m.  
from the Senior Center to your home.



### SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from 9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

**NOTE:**  
**NO SHUTTLE SERVICE ON FRIDAYS**  
Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



**Transportation Coordinator**  
**Bea Pratte**

**WOW Questions?**  
Call (714) 895-2878  
ext. 3675

# SENIOR CENTER ACTIVITIES

## CLUBS & GROUPS



### BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



### CHESS CLUB

meets Tuesdays and Thursdays at 7:30 a.m.



**BUNCO** meets on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 12:30 p.m.



### CRAFT LADIES

meet on Thursdays at 9:00 a.m.



### MAH JONGG

players meet on Mondays from 10:00 a.m.-12:00 noon.



### DINNER GROUP

Meets the 3<sup>rd</sup> Wednesday of each month at a local restaurant.



### POOL ROOM

is open five days a week and new players are welcome.



### RED HAT SOCIETY

is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



### YARN SPINNERS

crochet and knit on Mondays, Wednesdays, and Fridays from 9:00 a.m.-11:30 a.m.



### NEEDLE WORK

meets Mondays at 9:00 a.m.



### MEXICAN TRAIN DOMINOS

meet on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 12:00 Noon



### SUDOKU

meets every Friday at 9:30 A.M.

## BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

### GAME TIMES:

**Mondays & Wednesdays**

12:45 p.m. - 2:30 p.m.

**Fridays**

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

## MOVIES

### MARCH

*March 4<sup>th</sup>*

#### "The Philadelphia Story"

Katherine Hepburn, Cary Grant  
1 hour, 52 minutes  
Not Rated (1940); Classic

*March 11<sup>th</sup>*

#### "Grown Ups"

Adam Sandler, Kevin James  
1 hour, 42 minutes  
Rated PG-13 (2010); Comedy

*March 18<sup>th</sup>*

#### "Alice in Wonderland"

Johnny Depp, Mia Wasikowska  
1 hour, 48 minutes  
Rated PG (2010); Adventure

*March 25<sup>th</sup>*

#### "The Secrets of Jonathan Sperry"

Jansen Panettiere, Paul Newman  
1 hour, 36 minutes  
Rated PG (2008); Drama

### APRIL

*April 1<sup>st</sup>*

#### "Notting Hill"

Julia Roberts, Hugh Grant  
2 hours; 3 minutes  
Rated PG-13 (1999); Romance

*April 8<sup>th</sup>*

#### "Hereafter"

Matt Damon, Cecile DeFrance  
2 hours; 9 minutes  
Rated PG-13 (2010); Drama

*April 15<sup>th</sup>*

#### "Life As We Know It"

Katherine Heigl, Josh Duhamel  
1 hour; 52 minutes  
Rated PG-13 (2010); Comedy

*April 22<sup>nd</sup>*

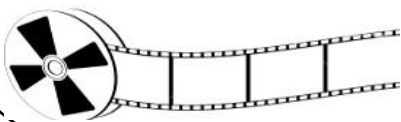
#### "It's A Mad, Mad, Mad World"

Spencer Tracy, Milton Berle  
2 hours; 34 minutes  
Rated G (1963); Classic

*April 29<sup>th</sup>*

#### "On The Town"

Gene Kelly, Frank Sinatra  
1 hour; 38 minutes



*Showing Fridays  
at 9:15 a.m.*





## SENIOR CENTER ACTIVITIES

### SPECIAL EVENTS

#### **INCOME TAX PREPARATION**

AARP Volunteers  
will continue to  
prepare taxes for  
seniors 60+.



This service is avail-  
able every Wednes-  
day from 8:30 a.m.-  
11:30 a.m., the final  
day being  
**April 13<sup>th</sup>,  
2011.**

Please contact the  
Front Desk for an  
appointment ASAP  
as we are filling up  
fast!

#### **BIRTHDAY CELEBRATIONS**

We'll supply the cake,  
balloons, and enter-  
tainment but the  
party will not start  
without  
**YOU!**



**Dates:**

Thursday,  
March 24<sup>th</sup>  
&

Thursday,  
April 28<sup>th</sup>

**Time:**

11:00 a.m.

**Place:**

Dining Room

**Cost:**

\$2.50

Entertainment  
included

#### **FALL PREVENTION**

##### **WHAT YOU CAN DO**

We are privileged to  
have Master Nursing  
Students from Cal State  
Fullerton to present  
healthy living. They will  
discuss safety tips to help  
you navigate through this  
world of insecure foot-  
ing and support.

**Dates:**

Thursday, March 24<sup>th</sup>

Thursday, March 31<sup>st</sup>

**Time:**

9:30 a.m.-10:30 a.m.

**Place:**

Dining Room



#### *March Madness Dance*

"March doesn't have to be  
all about BASKETBALL;  
it can be about DANCING, too."



Join us for a morning of  
dancing and fun!

**Date:**

Friday, March 11th

**Time:**

9:30 a.m.

**Place:**

East/West Room

**Cost:**

\$1.00 Donation

*Light snacks will be provided*

**Sign Interest List  
at Front Desk**

### **Senior Citizens Advisory Council Meeting**

**FRIDAY, APRIL 8TH, 2011 AT 9:00 A.M.-EAST/WEST ROOM**

**The Westminster Senior Center is proud to host the April 8th, 2011 SCAC meeting.**

The Senior Citizens Advisory Council (SCAC) advises the Orange County Board of Supervisors and the Office on Aging on matters affecting older adults in Orange County. SCAC also networks with service providers and advocates on behalf of older adults. Structure: The council consists of 40 volunteer citizens who include local elected officials, service providers, advocates and many other stakeholders.

**TOPIC: Senior Dental Care-Interested in Senior Issues? Attend this meeting.**

# SENIOR CENTER SERVICES

## ONGOING SERVICES



### ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

**When:**  
3<sup>rd</sup> Tuesday of every month

**Time:**  
10:00 a.m. - 12:00 noon  
(by appointment only)



### BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

**When:**  
Every Thursday

**Time:**  
9:00 a.m. - 11:00 a.m.



### HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

**When:**  
2<sup>nd</sup> Monday of every month

**Time:**  
10:00 a.m. - 12:00 noon  
(by appointment only)



### LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

**When:**  
1st Friday of every month

**Time:**  
10:00 a.m. - 12:00 noon  
(by appointment only)



### PODIATRIST

**Dr. Nancy Hayata** provides foot screening and consultation.

**When:**  
1st Friday of every other month.

**Time:**  
Appointments begin at 11:30 a.m. and last 10 minutes.



### INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

## Understanding Jewelry with a Past



You are invited to a special lecture that will discuss the evolution of fine jewelry over the past two hundred years, the

*"Jewelry Arts Revolution".*

Learn about the important jewels of the times and the famous people who owned them, Queen Victoria, Elizabeth II, the Duchess of Windsor and more...

An antique piece of jewelry is a reflection of the times in which it was made. With a little knowledge, you can begin to identify the designs of the times, thus deepen your understanding of jewelry.

**Date:**

**Wednesday, March 23rd**

**Time:**

**10:00 a.m.**

**Place:**

**Dining Room**

(Bring an item of old jewelry that you may have and we may help you learn more about it)



## Free Haircuts & Manicures

Offered by the

**Asian American Beauty School**

**Date:**

**Tuesday, April 26<sup>th</sup>**

**Time: 10:00 a.m.-12:00 noon**

**(First come, first served)**

# SENIOR CENTER SERVICES

## NURSE JANE HANNAH



Nurse Jane Hannah is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

### UPCOMING HEALTH TALKS

APRIL:

Wednesday, April 6th

11:00 a.m. in the Dining Room

Topic: "Arthritis"



### Free Pneumonia Vaccine

Pneumococcal disease is an infection caused by a type of bacteria called ***Streptococcus pneumoniae***. The symptoms of pneumococcal pneumonia include fever, cough, shortness of breath, and chest pain. It is spread by coughing, sneezing, or contact with respiratory secretions. The vaccine is very good at preventing severe disease, hospitalization, and death. However, it is not guaranteed to prevent infection and symptoms in all people

~ Resource: Orange County Health Care Agency

For adults 65+ who have never  
had this vaccine before.

Wednesday, April 13, 2011  
9:00 a.m. – 11:00 a.m.

\*Reservations Required\*  
See Front Desk

### DIABETES EDUCATION & SUPPORT GROUP

MARCH 2011

Wednesday, March 16<sup>th</sup>

12:30 p.m. in Room A

"Carb Counting &  
Label Reading"



APRIL 2011

Wednesday, April 20<sup>th</sup>

12:30 p.m. in Room A

"Exercise & Diabetes"

### DINNER, ANYONE?

#### *Dinner Group*

March 16th at 4:30 p.m.

Dino's Italian Restaurant



6391 Westminster Blvd.,  
Westminster

Sign-up at Front Desk

#### *Uncle Pete's Café*

April 20th at 4:30 p.m.

14276 Beach Blvd.,  
Westminster

Sign-up at Front Desk



Unless otherwise noted, all health related presentations are given by: Jane Hannah, RN, PHN

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency

Information on Medi-Cal will be discussed.



## UPCOMING EVENTS



*Join us for a special three-day event:*

### Spring Silent Auction

**Tuesday through Thursday**

**May 3<sup>rd</sup>-May 5<sup>th</sup>**

**Time: 8:30 a.m. Tuesday until 1:00 p.m. Thursday**

Donations for this auction will be accepted beginning April 1<sup>st</sup>. We appreciate all items that are donated but please understand we may not be able to use them all and may use them for something else here at the center.



*(Closing Bell rings at 1:00 p.m. sharp)*

### Spring Craft Fair

**Join us for a week of handmade crafts for sale in our lobby.**



**Monday, April 11th  
through**

**Friday, April 15th**

**SENIOR CENTER LOBBY**

**9:00 a.m.-1:00 p.m.**

Please remember to R.S.V.P. to the Front Desk by Friday, March 25th if you have been invited to the Volunteer Appreciation Party on Wednesday, April 6th.  
The Staff thanks you.

### SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members  
\$14 per person for non-members**

Classes will be held on the following dates:

**April 7th & 8th**

**June 9th & 10th**



**\*Pre-registration and payment are required at Front Desk before class dates.**

## SENIOR CENTER CLASSES

### COASTLINE COMMUNITY COLLEGE

#### Adult Fitness

A mildly aerobic chair/standing exercise that will stretch and strengthen muscle groups.

Day	Time	Instructor
Mon/Tue/Wed	10:00 a.m.- 12:00 noon	M. Masters

#### Beginning Adult Fitness

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.- 1:30 p.m.	M. Masters



#### Balance & Mobility

A preventive class for Seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.- 9:45 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184. Pre-registration is advised.

## HUNTINGTON BEACH ADULT SCHOOL



#### Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:00 p.m.- 2:15 p.m.	V. Williams

#### Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

#### Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

#### Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

#### Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

#### Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

#### Stretch & Flex

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405. Pre-Registration is advised.

## SENIOR CENTER

#### Beginning Computer Class

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Tuesday	9:00 a.m.- 11:30 a.m.	A. Spisak
Wednesday	9:00 a.m.- 11:30 p.m.	D. Davis

#### Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

#### Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	J. Ju
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

#### Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

\* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER \*

# SENIOR CENTER TRIPS

## DAY TRIPS

### VALLEY VIEW CASINO

Tuesday, March 8<sup>th</sup>, 2011

Depart: 8:00 a.m.

Cost: \$30.00

\*Must have photo i.d.

Return: 5:00 p.m.

\$15 in Slot Play upon arrival!

### REAGAN LIBRARY w/LUNCH BUFFET

Tuesday, April 12<sup>th</sup>, 2011

Sign up by March 25<sup>th</sup> at the Front Desk.

Depart: 8:00 a.m.

Cost: \$59.00

Return: 4:00 p.m.



### FANTASY SPRINGS CASINO

Tuesday, April 26<sup>th</sup>, 2011

Depart: 8:00 a.m.

Cost: \$29.00

Return: 5:00 p.m.

\$20 in Slot Play upon arrival!

### HARRAH'S CASINO

Wednesday, May 25<sup>th</sup>, 2011

Depart: 8:00 a.m.

Cost: \$12.00

Return: 5:00 p.m.

\$10 in Slot Play upon arrival!

### J. PAUL GETTY VILLA w/LUNCH

Tuesday, June 7<sup>th</sup>, 2011

Depart: 8:30 a.m.

Cost: \$52.00

Return: 4:00 p.m.

### SAN MANUEL CASINO

Tuesday, June 21<sup>st</sup>, 2011

Depart: 8:30 a.m.

Cost: \$15.00

Return: 5:00 p.m.

\$10 in Slot Play OR food upon arrival!

### PAGEANT OF THE MASTERS

Wednesday, July 13<sup>th</sup>, 2011

Depart: 5:00 p.m.

Cost: \$57.00

Return: 11:30 p.m.

### VIEJAS CASINO

Thursday, July 21<sup>st</sup>, 2011

Depart: 8:00 a.m.

Cost: \$15.00

Return: 5:00 p.m.

Includes lunch at half-off & shopping.

## OVERNIGHT TRIPS

### AVI RESORT & CASINO

March 29<sup>th</sup>-31<sup>st</sup>, 2011

(Tuesday-Thursday)

Package includes a \$5 food credit, side trip to Laughlin on Day 2 (optional), baggage handling & driver's tip.

Depart: 9:00 a.m.

Return: 6:00 p.m.

Cost: \$93 p/p double

\$105 single

### LAUGHLIN at the RIVERSIDE

May 10<sup>th</sup>-12<sup>th</sup>, 2011

(Tuesday - Thursday)

Package includes: Free buffets at hotel, plus Special Laughlin "Funbook". Baggage handling & Deluxe Motorcoach Transportation.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$89 p/p double

\$109 single



### LAUGHLIN LUAU at the RIVERSIDE

August 23<sup>rd</sup>-25<sup>th</sup>, 2011

(Tuesday-Thursday)

Package includes: Free Buffet, (1 choice plus 2 breakfasts) plus LUAU DINNER PARTY

(sit-down Dinner w/band & dancing & prize drawings) \*This event is held only once a year.

Trip includes baggage handling, deluxe VCR motorcoach, and driver's tip.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$93 p/p double

\$113 single





## Senior Lunch Sites – March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</b>	Mexican Corn Soup w/Crackers <b>Chicken Fajitas</b> Fajitas Vegetables Sour Cream Salsa Pinto Beans Flour Tortilla Pineapple Chunks	<b>Pork Loin Roast w/Gravy</b> Applesauce Sweet Potatoes Broccoli Wheat Roll Angel Food Cake w/Topping	Minestrone Soup w/Crackers <b>Chicken Marsala</b> Penne Pasta Garden Salad Italian Dressing Garlic Breadstick Fresh Fruit	<b>Mac N' Beef Casserole</b> California Blend Vegetables Green Salad w/Italian Dressing Wheat Roll Peach Crisp Orange Juice
7	8	9	10	11
Hearty Vegetable Soup <b>Sweet and Sour Chicken</b> w/Stir Fried Vegetables Steamed Rice Fruited Gelatin Apple Juice	Tomato Rice Soup w/Crackers <b>Baked Meatloaf w/Gravy</b> Mashed Potatoes Wheat Roll Fruit Cup	Cream of Spinach Soup w/Crackers <b>Breaded Fish w/Tartar Sauce</b> Red Potatoes Peas and Carrots Wheat Roll Melon	<b>Meat Lasagna</b> Italian Blend Vegetables Caesar Salad Sourdough Roll Cake	Butternut Squash Soup w/Crackers <b>Vegetarian Quiche</b> Salad w/Thousand Island Dressing Fruited Muffin Fresh Fruit
14	15	16	17	18
Lentil Soup w/Crackers <b>Beef Pot Roast w/Gravy</b> Red Potatoes Broccoli Wheat Bread Tropical Fruit Mix	<b>Chicken w/Creamy Tarragon Sauce</b> Rice Pilaf Peas and Carrots Wheat Roll Fresh Fruit	Farmer's Soup w/Crackers <b>Open Face Hot Turkey Sandwich</b> w/Gravy & Cranberry Sauce Mashed Potatoes Wheat Bread Pineapple Chunks	<b>St. Patty's Day!</b> <b>Corned Beef</b> Cabbage Red Skin Potatoes Rye Bread Shamrock Dessert 	<b>Hamburger on Wheat Bun</b> w/Onion, Lettuce & Tomato Potato Salad Cucumber Salad Orange Juice Oatmeal Raisin Cookie
21	22	23	24	25
<b>Baked Chicken Breast w/Herb Gravy</b> Rice Pilaf Capri Blend Vegetables Wheat Roll Fresh Fruit	Egg Drop Soup w/Crackers <b>Sweet and Sour Pork</b> Steamed Rice Blended Vegetables Lemon Tart	<b>Chili Con Carne</b> w/Onion & Shredded Cheese Garden Salad w/Ranch Cornbread Fresh Fruit	<b>Birthday Party</b> Split Pea Soup w/Crackers <b>Stuffed Bell Pepper</b> Mashed Potatoes Spring Mix Salad w/French Dressing Wheat Roll Apple Crisp	<b>Stuffed Salmon w/Sauce</b> Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Chunky Fruit Salad
28	29	30	31	
<b>Swiss Steak w/Gravy</b> Mashed Potatoes California Blend Vegetables Wheat Roll Fresh Fruit Orange-Pine Juice	<b>Beef Hot Dog w/Wheat Bun</b> w/Onion Macaroni Salad Coleslaw Brownie	<b>Holly Farm Chicken</b> Rosemary Redskin Potatoes Chefs Cut Vegetables Wheat Roll Mandarin Oranges	Tortilla Soup <b>Pork Chili Verde</b> w/Sour Cream Pinto Beans Flour tortilla Custard Orange Juice	

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems.

This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of Cholesterol, 0% transfat buttery spread served with bread and rolls

sodium. Low